

WAIVER & RELEASE FORM

Name: **Phone:**

Mailing Address:

Email Address:

Date of Birth: **Age:**

Emergency Contact: **Phone:**

Assumption of Risk for Participation in Personal Training/Gym Use/Fitness Classes

Each client/member of Century Village Athletic Club should realize that there are substantial risks, hazards, and danger inherent in such programs. Each participant involved in Personal Training/Gym Use/Fitness Classes must be covered by an accident and health insurance policy. It is the responsibility of each participant to participate only in those activities for which he/she has the prerequisite skills, qualifications, preparation, and training. Century Village Athletic Club does not warrant or guarantee in any respect the physical condition or any equipment used in connection with the activity. Therefore, in consideration of the benefits received from Personal Training/Gym Use/Fitness Classes, the undersigned assumes all risks of damages or injury, including death that may be sustained by him/her while participating in an exercise activity or in travel to or from such activity.

Release, Covenant Not to Sue, and Waiver

Personal Training/Gym Use/Fitness Classes involves an inherent risk of physical injury; the undersigned assumes all such risks. The undersigned agrees and understands that this is an intermittently unmanned gym. It is recommended to have a work out partner present at all times while working out.

The undersigned hereby agrees that for the sole consideration of Century Village Athletic Club allowing the undersigned to participate in Personal Training/Gym Use/Fitness Classes for which or in connection with which Century Village Athletic Club has made available any equipment, facilities, grounds, or personnel for such training, the undersigned does hereby release, covenant not to sue, and forever discharge Century Village Athletic Club and officers, agents, contractors and employees of any and for all claims, demands, rights, and causes of action of whatever kind or nature including but not limited to negligence, unforeseen bodily and personal injuries, damage to property, and the consequences thereof resulting from participation in any way connected with such recreational programs and activities. Undersigned agrees not to hold Century Village Athletic Club or its owners/employees responsible for any crime committed against while on the property of Century Village Athletic Club. The undersigned understands that this Release, Covenant Not to Sue, Waiver, and Assumption of Risk shall be effective from the date of signature until the effective termination of the Personal Training/Gym Use/Fitness Class services by Century Village Athletic Club.

By signing this document, the undersigned hereby acknowledges that he/she has read the above carefully before signing, and agrees to comply with all the above.

Signature: **Date:**

Parent/Guardian: **Date:**